

# Beech Acres Parenting Center's Signed to be Kind Girl Scout Patch Program 2022-2023



Make an intentional commitment to put kindness first with your family. Sign the pledge to commit to being more kind to yourself, within your family, in your community, and to the world. Whoa... pretty big undertaking? It's ok! We will send you simple ideas to take the 'randomness' out of being kind.

We could all use a little more kindness in our lives. And while it's nice when kind acts enter our lives at seemingly random moments, what if everyone approached being kind intentionally?

Kindness, above all your strengths, has the ability to change the world. Being kind makes you feel better physically and emotionally. Kindness improves your relationships with your family. Being kind increases your sense of community and brings you closer to those important persons in your life. Kindness can help shape and improve your world view.

We are asking you and your family to be *Signed To Be Kind!* By signing this pledge, you are committing to being intentional about sharing your strength of kindness with yourself, your family, your community, and by doing so making the world a kinder and better place. Once you've signed the pledge, you will be receiving weekly text messages motivating you to be kind to yourself, your family, your community, and the WORLD!

When your troop completes your project email [marketing@beechacres.org](mailto:marketing@beechacres.org) and pay for your patches and shipping here: <https://beechacres.org/signed-to-be-kind/>.

## **Daisies & Brownies**

Complete Items in Teal Section

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## **Juniors and Cadettes**

Complete Items in Pink Section

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## **Seniors/Ambassadors**

Complete Items in Green Section



## DAISIES & BROWNIES



### Be Kind to YOURSELF!

Start each day with a SMILE for an entire week and set an intention to do something nice for yourself during the day.

- Have a healthy snack.
- Go outside and play.
- Write down something nice in your journal.

### Be Kind to YOUR FAMILY!

Sign the pledge and download your family's Signed To Be Kind Pledge as a reminder to practice kindness daily.

<https://beechacres.org/signed-to-be-kind/>

### Be Kind to YOUR COMMUNITY!

A simple smile 😊 is really the easiest way to share #kindness in your community. Set an intention to smile at everyone you encounter this week. This simple gesture can make a big difference in someone's day. Still wearing a mask to protect those around you? Practice smiling with your eyes, waving, or simply saying hello.

### Be Kind to the WORLD!

#SignedToBeKind was created with the simple idea that intentional acts of #kindness can change the world. After last year, EVERYONE could use a little kindness. This week, let's spread that kindness beyond you, your family, and your community.

- Help your parents share the pledge with their network on social media! <https://beechacres.org/signed-to-be-kind/>

Not on social media?

- Have everyone in your family tell three people about the pledge.

## JUNIORS AND CADETTES



### Be Kind to YOURSELF!

What are you #grateful for? Expressing #gratitude is a healthy way to be #kind to yourself. Begin each day this week by writing down 3 things you are grateful for. #SignedToBeKind

### Be Kind to YOUR FAMILY!

#Kindness and #Gratitude can go hand in hand in your family. Set an intention this week to share what your family is #grateful for. Download a gratitude coloring page and color as a family while discussing what you are grateful for. Hang it up near your front door. Every time you see it, spread kindness by telling your family that you are grateful for them. #SignedToBeKind

### Be Kind to YOUR COMMUNITY!

This year, with everything going on in the world, showing #gratitude is an awesome way to spread #kindness in your community. Write a thank-you note to your teacher, mailperson, librarian, or someone else in your neighborhood that you appreciate. #SignedToBeKind

*signed to  
be kind*

### Be Kind to the WORLD!

The world is a BIG place 🌍 and we are #grateful for our planet. But how can we show #gratitude and #kindness to an entire planet?? Start with something small that has a big impact.

- As a family, plant a tree, bush, flower, or tiny vegetable garden together.
- You can also choose a favorite park or playground to clean up or simply take a garbage bag and a recycling bag with you on your next walk.

## SENIORS/AMBASSADORS



### Be Kind to YOURSELF!

YOU are making a difference just by being kind! Celebrate YOU today.

- Take a walk by yourself and listen to your favorite song 🎵, album or podcast.
- Splurge on your favorite drink or beverage from your favorite coffee shop.
- Take a mindful moment to just. Do. Nothing.
- Send a text to your best friend. However you practice selfcare, remember taking care of yourself is the ultimate act of kindness!

### Be Kind to YOUR FAMILY!

Plan a special surprise for your family.

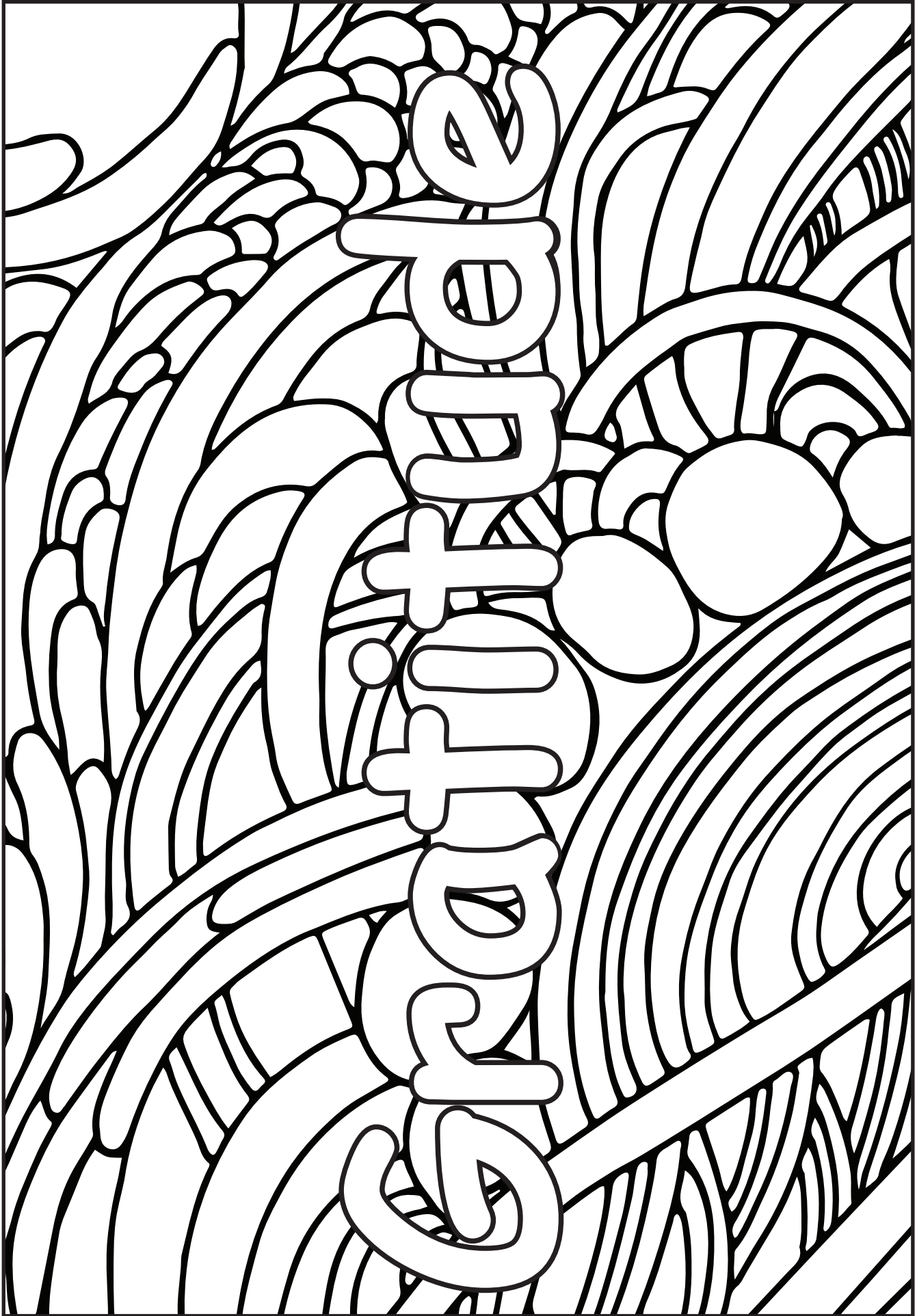
- Make a special dinner where each person gets their favorite food.
- Make some s' mores.
- Go to your favorite park or museum.
- Watch each family member's favorite movie every night this week. Being kind and spending time together? Sounds good to us.

### Be Kind to YOUR COMMUNITY!

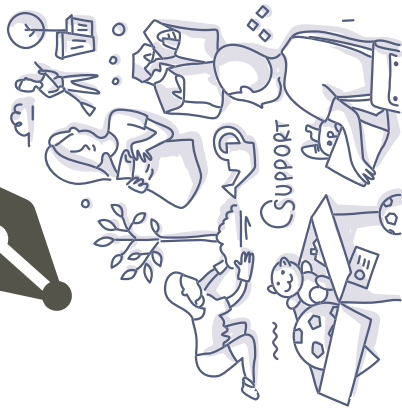
Does your neighborhood have a tiny food pantry or little library? If so, stock them with healthy food and recipes. Include a note of encouragement for another family with your drop off. Donate those books you don't read any longer or that much-loved copy of Harry Potter so someone else can enjoy the adventure. Draw a picture, leave a bookmark on your favorite page, or highlight a favorite passage to bring a smile to the next reader.

### Be Kind to the WORLD!

Yes, kindness can have a global effect! A 2010 Harvard Business School survey of happiness in 136 countries found that people who are altruistic—in this case, people who were generous financially, such as with charitable donations—were happiest overall. What global causes matter to your family? Research non-profits that are making a difference with a cause that matters to your family. Make a donation, volunteer your time, or find another way to support this organization.



# signed to be kind



Family Name

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By signing this pledge, our family commits to being kind to ourselves, our family, our community, and the world!

#signedtobekind

